

SGPT



SEP 29– OCT 4, 2025

MONDAY

5:30AM –JOY
9:00AM –PAM

FULL BODY
STRENGTH
W/ CARDIO
BURNER

TUESDAY

5:30AM –JOY
7:30AM –JOY
9:00AM –PAM

CORE
&
CARDIO

WEDNESDAY

5:30AM –JOY
9:00AM –PAM



ARM BLAST

THURSDAY

9:00AM –JOY

FULL BODY
HIIT

FRIDAY

5:30AM –JOY
10:00AM –JOY

LOWER BODY
& ABS

SATURDAY

NO CLASS



SGPT



OCT 6- OCT 11, 2025

MONDAY

5:30AM -JOY
9:00AM -PAM

PUSH & PULL
HIIT

TUESDAY

5:30AM -JOY
7:30AM-JOY
9:00AM -PAM

LOWER
STRENGTH

WEDNESDAY

5:30AM -JOY
9:00AM -PAM

FULL BODY
HIIT

THURSDAY

9:00AM -JOY

UPPER
STRENGTH
W/BICEPS
BURNER

FRIDAY

5:30AM -JOY
10:00AM -JOY

CORE
CONDITIONING

SATURDAY

9:00AM -JOY

FULL BODY
HIIT